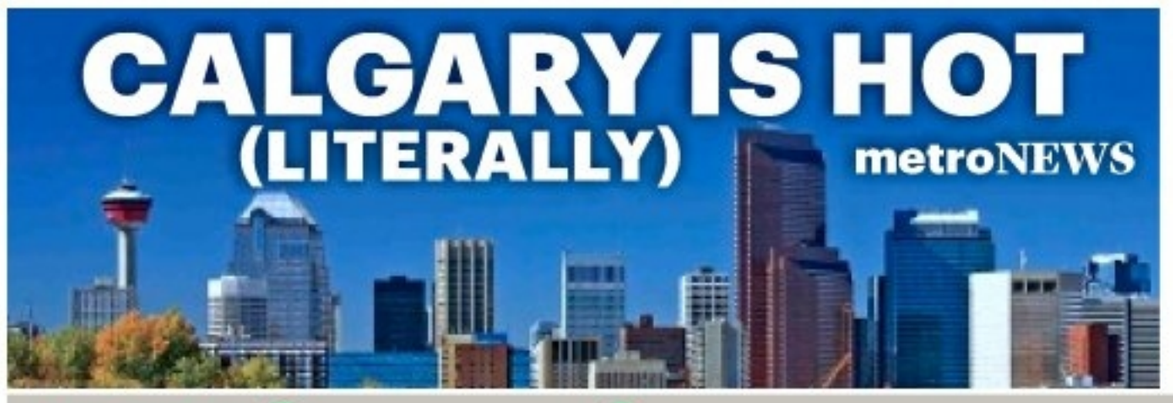

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Expect tax cuts, a better climate for business, and a leaner government

-Colin Fast, on BLUE majority

URBAN COMPASS

Colin Fast

Winnipeggers should expect a government that's a little less in their wallets and in their faces with Brian Pallister's Progressive Conservatives taking over the Legislature with a massive majority Tuesday night.

While the party's platform — and the entire election for that matter — was light on detailed policy initiatives, it did provide a glimpse into how Brian Pallister might govern differently than his predecessor, outgoing Premier Greg Selinger.

And reducing taxes, improving the business climate and running a leaner and more transparent government are going to quickly move to the top of the priority list.

Taxes were a big issue for the PCs, who couldn't resist any opportunity to remind voters of Selinger's surprise PST increase in 2013. Pallister has promised to cut the PST back to seven per cent, but don't expect to see that happen until just before the next election in 2020.

However, significant changes to income tax rates should be on the way soon. Indexing tax brackets and increasing the basic personal exemption sound like nerdy accounting terms, but they'll provide modest tax relief for every taxpayer in the province and save many low-income earners from having to pay any tax at all.

Currently, Manitoba is one of only three provinces that doesn't adjust its tax brackets with inflation. Pallister has pledged to address that issue within his first year in office.

The Tories have always been known as the party of the business community, and Pallister will rely on a team of senior business officials to advise him on how to make Manitoba more competitive on a national and international stage. The Tories will also tweak provincial procurement policies to eliminate sole-sourced contracts and will make changes to labour legislation to force a secret ballot for union certifications.

If you're tired of self-congratulatory government advertising — and really, who isn't? — the PCs say they'll get rid of it. They'll also put a limit on advertising by Crown corporations, which could include reducing the large number of corporate sponsorships the Crowns currently spread throughout the province. No word yet what the Bombers and Jets think about that.

Column continues, page 2

MANITOBA ELECTION 2016 | PALLISTER WINS MAJORITY | WINNIPEG PAINTED BLUE | SELINGER RESIGNS

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For this week's exclusive offers!

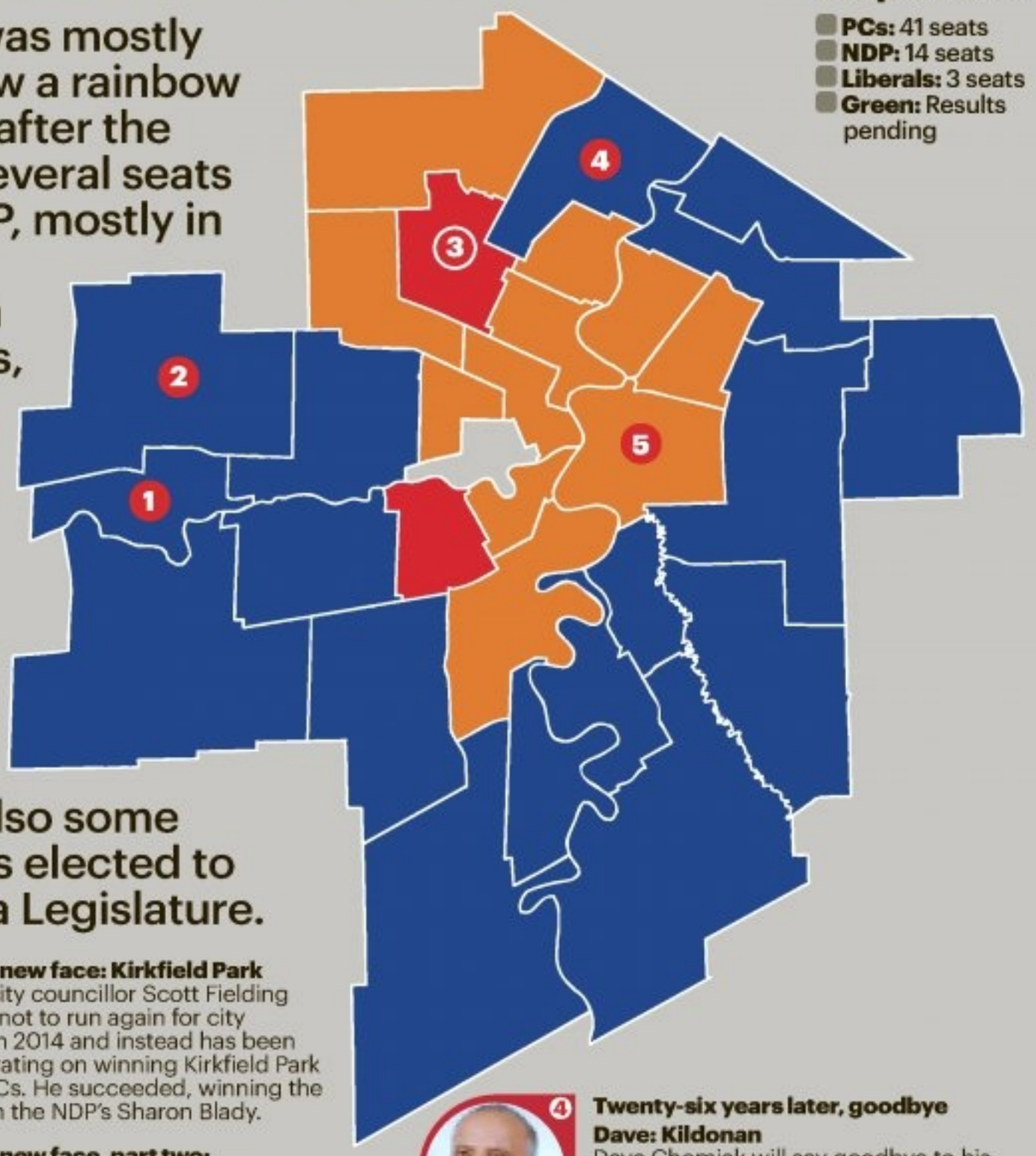
MANITOBA VOTES

A little more colourful

What once was mostly orange is now a rainbow in Winnipeg after the PCs swept several seats from the NDP, mostly in Winnipeg. There were a few surprises, including Liberal Leader Rana Bokhari finishing third in her riding to the NDP's Wab Kinew, but there were also some familiar faces elected to the Manitoba Legislature.

Totals across the province

- **PCs:** 41 seats
- **NDP:** 14 seats
- **Liberals:** 3 seats
- **Green:** Results pending



1 Familiar new face: Kirkfield Park
Former city councillor Scott Fielding decided not to run again for city council in 2014 and instead has been concentrating on winning Kirkfield Park for the PCs. He succeeded, winning the seat from the NDP's Sharon Blady.

2 Familiar new face, part two: Assiniboia
Former PC MP Steven Fletcher will be back to serve the public after losing his seat in the federal election. Fletcher beat out the NDP's Joe McKellep in the riding he calls home.

3 Like father, like daughter: Burrows
Long-time northeast popular Liberal politician Kevin Lamoureux was all smiles as his daughter Cindy Lamoureux stole the Burrows riding away from the NDP's Melanie Wight.

4 Twenty-six years later, goodbye Dave: Kildonan
Dave Chomiak will say goodbye to his constituents after more than 25 years of representing the riding of Kildonan, since 1990. The former cabinet minister lost his seat to PC upstart Nic Curry.

5 NDP lose, but Selinger stays: St. Boniface
Premier Greg Selinger may have lost the premiership but he didn't lose his seat. He defeated the PC's Mamadou Ka, who took the lead at one point during the night. However, Selinger says he is stepping down as NDP leader.

City could get more say over funding

(continued from front)

The PC win could also be a boon for city council, which should get more say over how it can spend the money it gets from the province. Currently, provincial funding for municipalities is often earmarked for specific programs the province has decided are political priorities.

Pallister has pledged to get rid of that model and replace it with a basket funding approach that will allow the city to spend where it sees fit. Mayor Brian Bowman is enthusiastic about the plan, which might give him some more breathing room on avoiding future property tax hikes.

But the biggest change might just be in tone. After 16 years of an NDP government that was deeply involved in every aspect of life in the province, Pallister's PCs will likely look for individuals, community groups and businesses to take on more responsibility for themselves.

COLIN FAST/FOR METRO

Scenes from around the city

Top: NDP supporters react as the numbers come in at RBC Convention Centre, where the NDP gathered after the election Tuesday.
SHANNON VAN RAES/METRO

Right: Wab Kinew is congratulated by supporter Sharoo Modha after his win in the riding of Fort Rouge.
JENNIFER DOERKSON/FOR METRO

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Bolt from the blue

Elisha Dacey
Metro | Winnipeg

The biggest surprise of the night had nothing to do with the winner.

In a result that shocked absolutely no one, the Progressive Conservative Party, led by Leader Brian Pallister, formed a majority government, knocking the NDP off their 16-year throne.

But it was the Green Party that surprised political watchers, with the riding of Wolseley flip-flopping all night between NDP incumbent Rob Altemeyer and upstart Green David Nickarz.

The race was too close to call by press deadline.

Green Leader James Beddome made a call for proportional representation.

"We have parties all the time borrowing our ideas. That's fine; they can say they'll look into (our ideas), and I'll be sure to hold (the PCs) to account on that. (Pallister) made a promise to make poverty a priority; we'll be sure to hold him to account on that (if elected)."

By press deadline, the PCs had picked up a historic 41 seats, compared to 13 for the NDP and three for the Liberals.

Pallister was ecstatic as he walked to the stage as premier-elect to Pharrell Williams' song Happy.

"The only thing better than tonight in Manitoba is tomorrow. Tomorrow ... the sky is going to be blue," he said to a cheering crowd of supporters.

"I want to be very clear with Manitobans tonight.... As of tomorrow everyone in this province will be treated by me, by every PC MLA, as a supporter."

Brian Pallister thanks his supporters after a prominent win. BRAEDEN JONES/METRO

NDP Leader Greg Selinger won his riding of St. Boniface and was greeted by a jubilant crowd at RBC Convention Centre, despite his party's loss.

The party's percentage of the popular vote fell to the mid-20s, about half of what it was in the last election.

The Tory popular vote was more than 50 per cent.

"In a democracy, folks, the people are always right," he told the crowd, adding he had offered the party his resignation as leader.

For the Liberals, it was a mixture of jubilation and despair.

Liberal Leader Rana Bokhari finished a distant third behind the NDP's Wab Kinew in Fort Rouge, with the PC's Audrey Gordon finishing second.

But the party picked up two additional seats, one by Cindy Lamoureux in Burrows and one by Judy Klassen in the northern Manitoba riding of Kewatinook, while holding on to Jon Gerrard's seat in River Heights.

Kinew said he was humbled to be elected but expressed regret for the party's loss.

"I wanna get back out into the community and get to know people even better and persuade those on the fence that I'm the right person to represent them."

Bokhari wouldn't say if she would stay on as leader, holding a short media scrum instead of making a speech.

"We had a tough game. We're running with zero dollars and a fraction of the resources and a lot of negativity but we had fantastic candidates and fantastic volunteers. We did what we could with what we had."

WITH FILES FROM STEPHANIE TAYLOR, BRAEDEN JONES, EVAN MATTHEWS, JENNIFER DOERKSON AND CATHERINE RYCZAK

Greg Selinger has stepped down as NDP leader. SHANNON VAN RAES/FOR METRO

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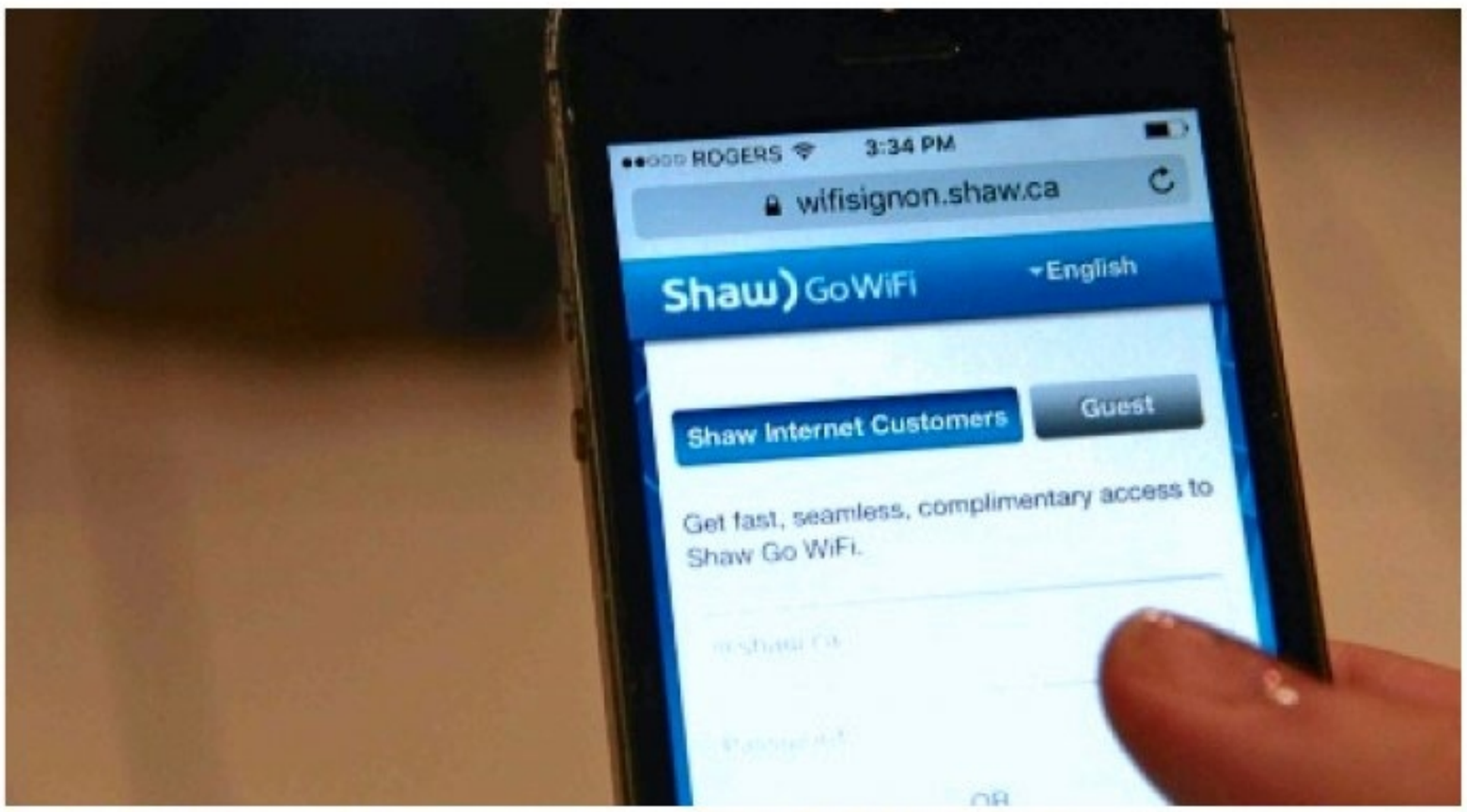

The City of Winnipeg currently has contracts with Shaw and MTS to offer Wi-fi in roughly 248 locations around the city.
BRAEDEN JONES/METRO

City expanding free Wi-Fi availability

INTERNET

Staff to bring the idea to various service providers

Stephanie Taylor
Metro | Winnipeg

A city manager says staff are leaving the door as wide open as possible for expanding free Wi-fi services in Winnipeg.

Brad Erickson, manager of municipal accommodations, appeared before Monday's innovation committee to respond to a request to offer free wireless Internet in all city-owned facilities.

"What we really want to do is have a look at all the means by which we could procure the free Wi-fi for, not just our facilities, but as a wide of an availability in the city as we can make it," he said afterwards.

That includes looking at all civic assets, Erickson said, such as public spaces, fields and plazas, as well as from sites in residential neighbourhoods to industrial areas.

He said its worth studying how other cities have offered free Wi-fi, listing an example in New York where former phone booths are being converted to Internet hotspots.

"To the extent we have that infrastructure in our public right-of-ways, it's plausible, so without exploring it we won't know," Erickson said.

"It may not be in [the] exact identical sense, it may not be through former telephone booth installation, it may be through other means. There's various assets everywhere."

He said the city currently has agreements with both with Shaw Communications and MTS to offer free Internet at various city buildings and sites, which were first signed in 2013. As of this April, Erickson said people could access Internet on roughly 248 pieces of civic property.

Monday's committee voted to have staff prepare a request for proposal to talk with various service providers, and report back to the committee in 60 days.

Staff have also been tasked with examining what data protection policies are in place, which was a concern raised by Coun. John Orlikow.

The idea of expanding free Wi-fi services to all civic facilities was first introduced last November, by councillors Matt Allard (St. Boniface) and Brian Mayes (St. Vital).

181

Civic sites where Shaw is available. There are also 67 sites where MTS is available.

COURT

Trial continues in infant remains case

The trial of a woman accused of hiding the remains of six infants in a Winnipeg U-Haul storage locker has heard from a police officer who collected evidence from the site.

Andrea Giesbrecht, who is 42, faces charges of concealment.

Const. Danielle Aessie told court the locker contained two plastic tote containers and three pails, each containing human remains in different stages of decomposition.

Aessie says she notified a medical examiner after seeing a small hand and finding a small head.

> **Once I opened the bag, a small hand was apparent**
> Danielle Aessie

Initially the medical examiner was only able to pronounce four infants dead at the scene, but later it was determined there were six infants.

Some of the infants still had their umbilical cords attached.

"Once I opened the bag, a small hand was apparent," Aessie testified Tuesday.

The bins were then sent to the morgue for further inspection. Investigators also found documents such as pay slips and an expired certificate for St. John's Ambulance, which had Giesbrecht's name on them.

Clothing was also found with the remains including Scooby Doo children's underwear and tiny socks.

Aessie said one infant was so decomposed investigators had to call an anthropologist to assist. She described one of the bodies as "mummified".

Giesbrecht showed no emotion throughout Aessie's testimony. She has been free on bail since just shortly after her arrest in October 2014.

The trial is being heard by judge alone and is expected to last three more weeks.

THE CANADIAN PRESS

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Zoning changes draw dissent

INFRASTRUCTURE

Osborne-Corydon plan garnering mix of reactions

The City of Winnipeg will host more consultation on a proposed area plan for Osborne Street and Corydon Avenue.

In a news release issued Tuesday, the city says roughly 150 submissions were received following a recent open house, in which the new Corydon-Osborne Neighbourhood Plan was unveiled.

Essentially, the plan would act as a long-range guide for future developments in the area, dealing with issues such as land uses, public spaces, street-scaping and transit.

The plan also proposes a number of new zoning changes for the neighbourhood.

Tuesday's news release says the majority of residents who submitted their feedback said they were in favour of seeing new developments in the area, besides single-family homes.

Coun. Jenny Gerbasi, has defended the Osborne-Corydon plan in the past, saying there are up to 8,700 new residential units predicted for the area. METRO FILE

Respondents also voiced their support for more height and density in properties located next to rapid transit stations, the city says.

However, a number of people expressed mixed feelings on the proposed rezoning of the neighbourhood's designated lower density residential area, which is south of Corydon Avenue, and includes Jessie Avenue, Warsaw Avenue and Mulvey Avenue.

150

The number of submitted comments received by the city on the proposed area plan.

The proposal in question would encourage more density in the area by switching the permitted zoning from R1 to R2.

"While some respondents in this area support the proposed rezoning, we received a number of responses that indicated concerns with the proposed zoning change," Tuesday's release reads.

After hearing some opposition to that portion of the plan, the city says more consultation will be held before a public hearing is scheduled.

That second meeting is set to take place sometime in June.

METRO

MUNICIPAL MATTERS

Organics plan to be revisited

Stephanie Taylor
Metro | Winnipeg

A plan to ask Winnipeggers what they want — and are willing to pay for — for organics collection is headed to the city's top policy committee.

On Wednesday, Mayor Brian Bowman and his executive policy committee will discuss a plan to task city staff with developing a broader consultation plan to introduce a green bin to curbsides citywide.

Also included is for members of the city's new climate change working group to partner with the public service and identify potential funding opportunities to support the potential rollout.

Last week's water and waste committee endorsed the plan 3-1 after a marathon eight-hour meeting.

Coun. Jenny Gerbasi put the idea forward in an attempt to quash a motion tabled by councillors Russ Wyatt and Ross Eadie, which would have stopped all planning for a green bin program.

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Kildonan Place says a sad goodbye to St. Nick

OBITUARY

Al Young was Santa's helper at the mall for 34 years

Though the day-to-day operations at the North Pole are sure to continue, the holiday season at Kildonan Place Shopping Centre has lost its Santa of 34 years.

Al Young, 75, passed away over the weekend according to Corey Quintaine, the marketing manager for Kildonan Place Shopping Centre.

"Al actually started as a maintenance guy here at the mall," he said. "He got roped into playing Santa because they were short-staffed... the second year the mall was open in 1981."

Quintaine said Young was known around the community as being a gentle soul. He always took time to listen to the kids and really tried to understand them. He could deal with anyone from crying kids all the way up to adults who wanted their picture taken, Quintaine said.

"Every year he would say 'This is my last year... this is my last year,' but the joy the kids provided him kept him coming back," said Quintaine.

Although Young would always say he was in his last year, Quintaine said he believed Young was actually headed toward retirement this year, and he felt compelled to take a picture with Santa just in case he actually did retire.

"Needless to say I've been cherishing the picture a little more over the last few days," said Quintaine.

While Christmas remains over half a year away, when it finally does come around the staff of Kildonan Place Mall is sure to be thinking of their beloved Al Young.

EVAN MATTHEWS/FOR METRO

> **Every year, he would say, 'This is my last year.' But the joy the kids provided kept him coming back.**
> Corey Quintaine

FAREWELL

Former maintenance man Al Young, who died over the weekend, has played Santa at **Kildonan Place Shopping Centre** every holiday since 1981.

Marketing Manager Corey Quintaine says he treasures his last photo with veteran Santa stand-in Al Young. CONTRIBUTED

IN BRIEF

Fort Garry Hotel abuzz with four additions

The buzz around bees continues to swarm Winnipeggers, as The Fort Garry Hotel announced it will install four rooftop beehives. The announcement comes after city approval.

The hotel also said the hives will house roughly 250,000 bees living in the colonies, and people can expect the installation to come in early May.

Open house to discuss Pembina bike lanes

Winnipeg locals are invited to offer their two cents on a major repaving project planned for Pembina Highway this summer.

The project will see portions of the roadway's northbound and southbound lanes and sidewalks dug up, as well as buffered bike lanes installed between Arbuthnot Street, near Grant Avenue, and Osbourne Street. Residents are invited to attend the River Osbourne Community Centre at 101 Pembina Highway this Thursday from 4-7 p.m. METRO

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City tops 1910 heat record

WEATHER

Previous Aprils have seen -20 C temperatures, 20 cm of snow

Brodie Thomas
Metro | Calgary

A 106-year-old Calgary weather record was toppled on Tuesday afternoon as Calgarians fired up their air conditioners and barbecues over an early dose of summer temperatures.

26.9 C

Temperature recorded Tuesday around 5 p.m. by Environment Canada, topping the previous record by 0.2 degrees

Environment Canada recorded the high Tuesday at 26.9 C around 5 p.m.

That topped the previous record set in 1910 by 0.2 degrees.

By 10 a.m. it was over 20 C in parts of Calgary — the normal high for this time of year is 13 degrees.

Residents flocked outside early in the day to get some sunshine before it got — dare we say it — too hot.

Kelly Kaprowski was leading a fitness class for moms with tots at the city's Glengarry Park. As mothers did their workouts, many happy babies lolled on blankets in the warm sun.

Just to put things in perspective, it is still April in Canada.

It could just as easily been -20 C as it was in 1927, or there could still be 20 centimetres of snow on the ground right now, as there was in 1955.

HIGH AND DRY

Warm weather isn't all sunshine for everyone. The province had 54 fire bans in place across the province, including many locations surrounding Calgary, although there are none in place for the city itself just yet.

Crews were battling various grass fires around the province Tuesday.

Kaprowski said she had toyed with the idea of starting outdoor classes back in March, given the region's great spring this year.

"I'm from Calgary, so I knew that probably wasn't the smartest decision," she said.

Many Calgarians headed to a park for a stroll, while some even got in the Bow River with paddle boards and surf boards.

Residents soak up their first summer rays at Sandy Beach as the thermometer pushed record highs Tuesday. HELEN PIKE/METRO

POLITICS

PM paying attention to sexism concerns

Prime Minister Justin Trudeau says he is paying attention to a Conservative MP's complaint about the sexism she routinely faces in the course of her work as a parliamentarian.

Calgary MP Michelle Rempel's recent op-ed in the National Post outlines how she has faced unwanted touching, catcalls, gender slurs and online abuse since she entered Parliament in 2011.

She is calling on perpetrators to confront biases against woman.

She mentions an MP and a cabinet minister as making questionable remarks, although she does not name them.

Trudeau says he is talking to his people about Rempel's complaints.

In the last Parliament, Trudeau expelled two MPs from his caucus after they were accused of misconduct by colleagues.

THE CANADIAN PRESS

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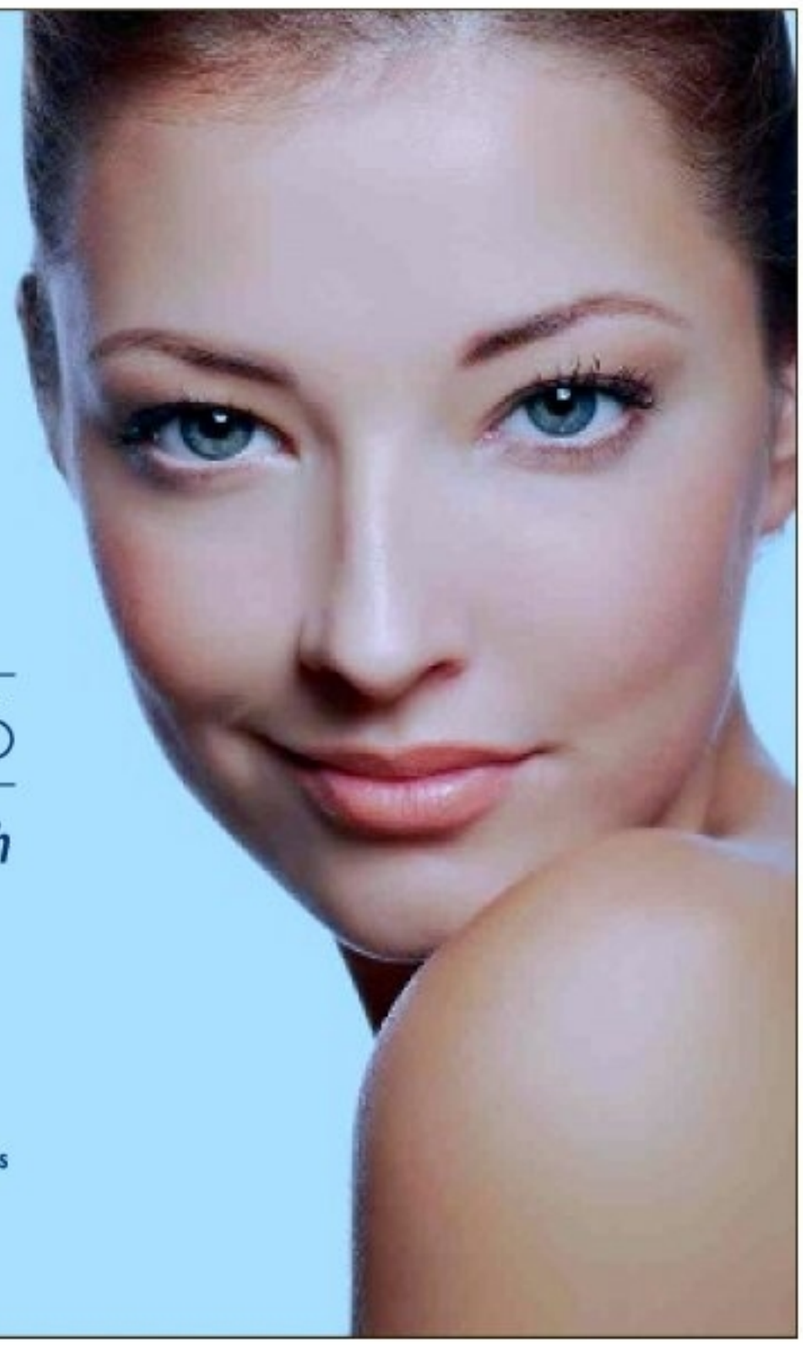

A girl visits a relative's grave in the northern Ontario First Nations reserve in Attawapiskat, Ont., on Tuesday. THE CANADIAN PRESS

HEALTH

Two pregnant women positive for Zika

Thandi Fletcher
Metro | Vancouver

British Columbia health officials say two pregnant women are among seven people in this province who recently tested positive for the Zika virus, which has been linked to birth defects.

Dr. Bonnie Henry, deputy provincial health officer, could not comment on the condition of the pregnant women for privacy reasons, except to say they are being closely monitored.

"We're watching them carefully," Henry told Metro. "It's quite distressing, of course, because we just don't have all the answers yet about the Zika virus and about what might happen."

Last week, U.S. health officials confirmed there is no longer any doubt the Zika virus, which is transmitted by the Aedes mosquito, causes microcephaly, a condition in which a baby's head is far smaller than normal, along with other severe brain defects.

Since testing for Zika started last November in B.C., 635 people have been tested for the virus, according to the B.C. Centre for Disease Control. The seven lab-confirmed positive cases involve people who recently travelled to Zika-infected countries, including El Salvador, Colombia, Haiti and St. Lucia. The virus isn't carried by mosquitoes in B.C., said Henry.

Dr. Julie van Schalkwyk, head of obstetrics and gynecology at B.C. Women's Hospital who is a specialist for pregnant women with infectious diseases, also could not comment on the two pregnant women, except to say neither has shown any signs of complications due to the virus.

She said the situation is frustrating for physicians, who are unable to provide patients with much information about the virus as the long-term effects of the virus are not fully understood. WITH FILES FROM THE CANADIAN PRESS AND THE ASSOCIATED PRESS

Struggles just beginning, Trudeau says

MENTAL HEALTH

Scope of issue only beginning to be realized, PM warns

Canada has yet to feel the full effects of mental-health issues gripping people across the country, Prime Minister Justin Trudeau said Tuesday as he pledged support to lower levels of government in combating the problem.

"Whether we're talking about its impact on young people, its impact on workplaces around the country, whether its impact on servicemen and women, we are only beginning to realize the scale, the scope of the problem," Trudeau said as he met members of the Canadian Teachers Federation.

The prime minister said his government would work with the provinces and territories to build the ranks of the counsellors, psychiatrists and psychologists who work with people facing mental-health struggles.

"I wouldn't be my mother's son if I wasn't a strong advocate for mental-health and de-stigmatization of mental health," Trudeau said as he marked his six-month anniversary since being elected to power.

His mother, Margaret, underwent decades of treatment for bipolar disorder, recounting her personal struggles in her book, Changing My Mind.

The prime minister acknowledged there is no easy solution to mental-health problems, particularly in indigenous communities.

But he suggested the recent spate of suicides and attempted suicides by First Nations young people is linked to what he described as generational neglect of indigenous issues by successive past governments.

THE CANADIAN PRESS

U.S. ELECTION

Trump cruises to N.Y. victory

Donald Trump triumphed with ease Tuesday in the Republican primary in New York, rebounding from a tough stretch that had strained his path to the Republican nomination and highlighted weaknesses in his campaign. Among Democrats, Hillary Clinton and Bernie Sanders were in a close race as polls closed.

The margin of Trump's victory in his home state and the number of delegates he secures will determine the real impact of his win. If he captures more than 50 per cent of the vote, he will be in a strong position to win most of New York's 95 delegates, an impressive haul that will keep him on a narrow path to the nomination.

Trump leads the Republican race with 756 delegates, ahead of Texas Sen. Ted Cruz with 559 and Kasich with 144. Securing the Republican nomination requires 1,237.

Clinton has 1,758 delegates to Sanders' 1,076. Those totals include both pledged delegates from primaries and caucuses and superdelegates, the party insiders who can back the candidate of their choice regardless of how their state votes. It takes 2,383 to win the Democratic nomination.

Trump's closest rival, Cruz, downplayed the billionaire businessman's win as little more than "a politician winning his home state." Cruz left New York before the polls closed, turning his attention to Pennsylvania, where he delivered a speech calling on Americans to join together to move the country forward.

"Let us unite on the things that have always made us great," Cruz said.

THE ASSOCIATED PRESS

Donald Trump, left, won an easy victory over Ted Cruz in the New York Republican primary Tuesday night. THE ASSOCIATED PRESS

UNITED KINGDOM

Syria's Palmyra arch recreated in London

A 2,000-year-old triumphal arch destroyed by Daesh in Syria has risen again — in replica — in London's Trafalgar Square.

The Arch of Triumph in Palmyra formed part of one of the world's most extensive ancient archaeological sites. The ancient city, a UNESCO world heritage site, was among Syria's main tourist attractions before the civil war erupted in 2011. THE ASSOCIATED PRESS

Replica of the Triumphal Arch THE ASSOCIATED PRESS

IN BRIEF

Five accused of forming terror group in Germany

Five people were arrested in Germany on Tuesday on suspicion of founding a right-wing terror group to attack refugee homes and other facilities, in what the country's top security official called a "powerful blow" to the far-right.

Federal prosecutors said several apartments in the state of Saxony were searched alongside the arrests of the five German nationals — four men and a woman. THE ASSOCIATED PRESS

These images show child inmates lined up for morning assembly and more children being unloaded from a truck at the Brothers Home in Busan, South Korea. YONHAP VIA THE ASSOCIATED PRESS

Coverup of mass abuse of 'vagrants'

SOUTH KOREA

Kids, disabled and homeless forcibly detained in '70s and '80s

Three decades ago, a policeman tortured Choi Seung-woo over a piece of bread he found in the boy's schoolbag.

After being stripped and having a cigarette lighter repeatedly sparked near his genitals, the 14-year-old falsely confessed to stealing the bread. Two men with clubs came and dragged him off to the Brothers Home, a mountainside institution where some of the worst human-rights atrocities in modern South Korean history took place.

Even now, Choi weeps as he speaks of what happened there.

A guard in Choi's dormitory raped him that night in 1982, and the next, and the next. So began five hellish years of slave labour and near-daily assaults.

Choi was one of thousands — the homeless, the drunk, the unlucky, but mostly children and the disabled — who were forced into facilities for so-called vagrants in the 1970s and '80s. The roundup came as the ruling dictators prepared to bid for and host the 1988 Seoul Olympics, which they saw as international validation of South Korea's arrival as a modern country. So they ordered police and local officials to "purify" the streets.

Today, nobody has been held accountable for the hundreds of deaths, rapes and beatings on the grounds of Brothers, the largest of dozens of facilities for those considered undesirable, according to an Associated Press investigation. The AP found that abuse at Brothers, previously almost unknown, was much more vicious and widespread than had been realized.

Secrecy around Brothers persists because of a coverup at the highest levels. Two early attempts to investigate were suppressed by senior officials who went on to thrive in high-profile jobs; one remains a senior adviser to the current ruling party. The few former inmates speaking out want a new investigation. The government is blocking an opposition lawmaker's push to revisit the case, contending that the evidence is too old.

The official silence means that even as South Korea prepares for its second Olympics, in 2018, thousands of traumatized former inmates have still received no compensation, let alone public recognition or an apology.

Police officers, assisted by shop owners, rounded up children, panhandlers, small-time street merchants, the disabled and dissidents. They ended up as prisoners at 36 nationwide facilities and numbered 16,000 by 1986, according to government documents. THE ASSOCIATED PRESS

LABOUR

Nearly 4,000 people were at Brothers Home. Once an orphanage, Brothers at its peak had more than 20 factories behind its well-guarded walls in the southern port city of Busan, churning out goods made by inmates.

FIVE MEMBERS NEEDED FOR THE SWAN LAKE FIRST NATION LAND COMMITTEE

Membership is open to all who are registered as an eligible voter of the Community, living either on or off reserve. Must have knowledge of the SLFN Land Code, be interested in the development of the Community, and able to attend Community meetings.

Committee will consist of one (1) elder, youth, off-reserve, and 2 on-reserve members.

Duties include consulting with residents, advising and recommending on matters related to Land and the Land Code.

Contact Eric Cameron, Land Manager, at the Band Office (836 – 2101), slfnlands1@hotmail.com for details.

Closing date for applications is 4:30 P.M. April 29th, 2016.

Here comes the bride with a bundle of cash

MONEY

Revealed: the generous gifting habits of Canadians

Canadians spend an average of $166 a month on gifts, excluding Christmas and other holidays, according to the results of a survey conducted by a popular online shopping site.

"I was surprised by how much Canadians are spending," said Sari Friedman, director of marketing for Ebates.ca. "Once you start adding that up, you're talking about a big chunk of change for the year."

In all, 82 per cent of survey respondents reported buying an average of two gifts a month.

After Christmas, spending on gifts by Canadians begins ramping up again about three weeks before Mother's Day, said Friedman. The increased spending continues throughout the summer in part because more people are married in the summer, creating a greater number of gifting occasions, including wedding showers and anniversaries.

To stay on track financially, Friedman recommends making a list of upcoming gift occasions and budgeting and shopping in advance where possible, to take advantage of sales.

She also recommends interacting with brands on social media, like Facebook, to keep track of special offers.

"It's really about shopping smart for gifts, and really being prepared," said Friedman.

More than a third of survey respondents — 36 per cent — said they give better gifts than they get. Re-gifting is common, with 20 per cent admitting to re-gifting birthday gifts and 14 per cent re-gifting hostess gifts.

Re-gifting is lowest when it comes to Father's Day and Mother's Day gifts.

Respondents said they prefer cash over other gifts at a wedding, and said they tend to spend the most on birthday and anniversary gifts for their partner, Friedman said.

"They're also cited as being the hardest gifts to shop for. I think that's because there is so much emotion behind it. You care about getting them a really great gift that they are going to love. Sometimes it takes longer to find the perfect thing," said Friedman.

TORSTAR NEWS SERVICE

82 per cent of survey respondents reported buying an average of two gifts a month. ISTOCK

> It's really about shopping smart for gifts and really being prepared. Sari Friedman

MORE SURVEY FINDINGS

1. **Average spending on birthday and anniversary gifts:** $101 per gift
2. **Wedding gifts:** $146 per person, with 36 per cent of respondents preferring to receive cash and 32 per cent citing store-bought gifts as their preference. Ten per cent would prefer gift certificates and 18 per cent had no preference.
3. Respondents expect to spend **$63 on each parent** on Mother's Day and Father's Day this year.
4. **Men spend 30 per cent more on gifts for Mother's Day than women.** Men spend an average of $71, while women spend an average of $54 on their moms.
5. **Women (86 per cent) are likely to be more generous with the number of gifts they buy,** while men spend more across all categories by about 25 per cent.

SOURCE: EBATES CANADA

DAIRY

Pea-based milk arrives

Irene Kuan
Metro | Toronto

Plant- and nut-based milk is nothing new, as consumers, both lactose intolerant and not, are increasingly finding non-dairy alternatives for that morning bowl of cereal including almond, cashew and coconut milks.

Now, another non-dairy product is about to make a splash in the milk market. The pea-based milk by California-based Ripple Foods, created by Adam Lowry, the cofounder of Method Soap, is claiming to be the next big thing in dairy alternatives and will even solve the issue of unsustainability and the carbon footprint created by producing cow and almond milks.

The vegan, organic and gluten-free milk is produced using yellow pea protein and contains sunflower oil, cane sugar, algal oil and a host of vitamins and minerals. The company boasts its plant-based milk contains more calcium, potassium and protein than cow's milk, as well as less sugar.

Ripple will make its debut in May at Whole Foods supermarkets in the U.S.

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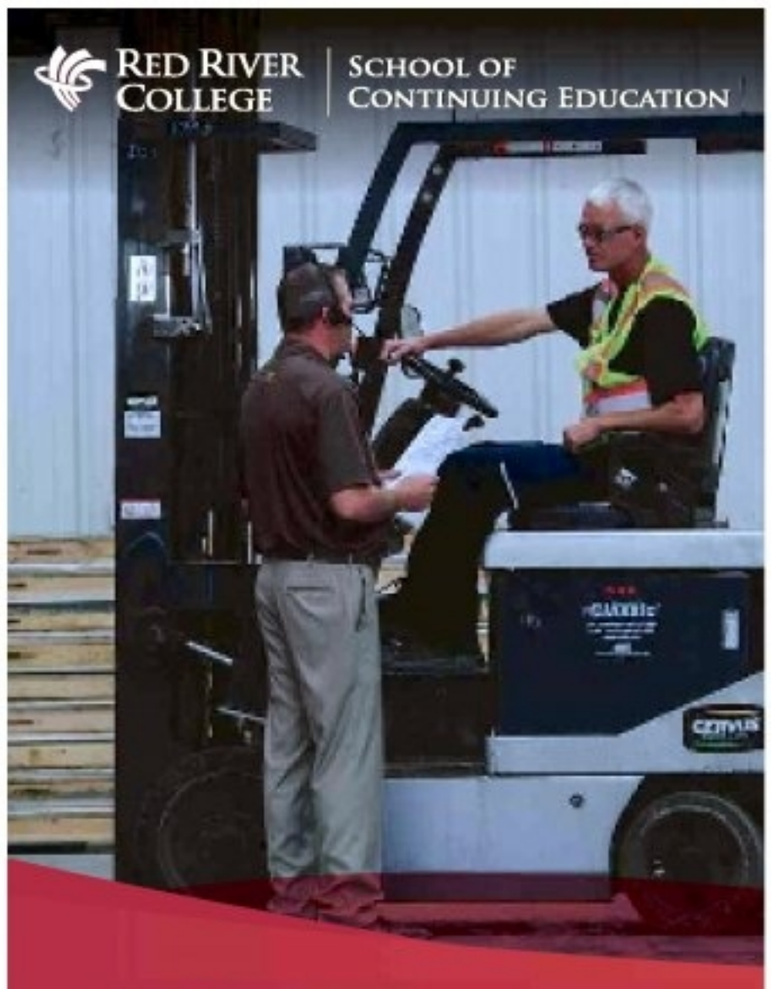

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metro VIEWS
Your essential daily news
Wednesday, April 20, 2016

ROSEMARY WESTWOOD ON BLACK LIVES MATTER

HIDDEN IN PLAIN SIGHT

Canadian chapters of Black Lives Matter have, through recent protest actions, achieved substantive victories, but have so far failed to attract the kind of broad mainstream media attention given to the U.S. movement, in cities like Ferguson and Baltimore. **Are we unwilling to face homegrown racism?**

Left: Pascale Diverlus gestures at a Black Lives Matter rally in Toronto in March. Right: A sign hangs in front of the protest site, in front of Toronto Police Headquarters. STEVE RUSSELL/TORSTAR NEWS SERVICE; VINCE TALOTTA/TORSTAR NEWS SERVICE

In late March, before spring had sprung, Black Lives Matter protesters camped for two weeks in icy, wet weather outside Toronto Police Headquarters.

Not that you likely heard much about it. If you live outside Toronto, you probably had no clue. Torontonians might have heard some details, but coverage wasn't exactly overwhelming. It certainly wasn't national news.

Which is odd. Dozens of black-rights protesters occupied 24/7 the entrance to the largest municipal police force in this country — in sub-zero weather. They held speeches and cookouts and pressed forward a manifesto and demands. They were spurred by the police shooting of a black man, Andrew Loku, who was unarmed save for a hammer and whose death was investigated in relative secrecy.

It sounds a lot like the ingredients of a Black Lives Matters protest in the U.S., and maybe if it was, you might have heard about it.

Especially, you would think, after Toronto protesters got results: There will be a coroner's inquest into Loku's death; Toronto City Hall has unanimously supported a provincial review of the Special Investigations Unit, which investigates police misconduct; Premier Kathleen Wynne and her cabinet have agreed to work with protestors to "implement meaningful change."

But I asked friends across the country, and almost none — not even those who work in media — knew about the movement. In the age of Black Lives Matter in the U.S., arguably one of the defining voices of our time, the big question is: why?

Canadians appear to care more about anti-black racism in the U.S. — and take it more seriously — than in our own country.

Maybe the Toronto-headquartered national media were simply afraid of Toronto-centrism (we always are). But I also think Canadians appear to care more about anti-black racism in the U.S. — and take it more seriously — than in our own country.

It's a phenomenon Anthony Morgan, a civil rights lawyer in Toronto, has dubbed "Canadian racial exceptionalism." In a column written last summer, he described how we consider ourselves both too polite and nice to be racist, and too polite and nice to talk about it. That means, when someone protests anti-black racism, the common reaction is confusion, or irritation, or perhaps a shrug.

"We in Canada grow comfortable by scapegoating the United States and their narrative, and saying, 'Well, at least it's not as bad," Morgan told me. Having avoided the depth and scope of American Jim Crow, we imagine ourselves innocent.

Canadians consider this a post-racial country, agreed Rodney Diverlus, a co-founder of Black Lives Matter TO. "What that means is we've missed out on the opportunity to have national conversations about anti-black racism while it's still happening here," he said.

Of course, some people outside Toronto did hear about the protest, and they set up solidarity movements in Ottawa, Montreal and Vancouver. One of the seven young women organizers in Vancouver, Holly Bishu, said that if you want to know about racism in this country, just ask someone of colour; you'll hear that "it's not post-racial at all."

"I've experienced so many things growing up here that I didn't even realize were so harmful until I got old enough to be like, 'Oh my goodness, let me examine these,' and it was a lot of anti-blackness," she said.

Some specifics, should you need them: Black Canadians were the fastest growing population of federal inmates in a 2016 report, despite being only about three per cent of the population. They're three times more likely to be carded by police than whites in Toronto and are overrepresented among kids in care. Last month, the United Nations criticized Canada's record on child welfare, health, education and unemployment when it comes to its black citizens.

Meanwhile, a Forum Research poll of Torontonians, released last week, found only half of Torontonians agreed there is systemic racism in the city.

It took about a week for Toronto's mainstream media coverage of the protest to really pick up. Reporters were keen to cover a police clash with protesters, a contentious tweet from an organizer, and the movement's protest outside the house of Ontario Premier Kathleen Wynne. Diverlus, who was tasked with media relations, said interest was largely confined to stories about tension between the protest and other groups, with the systemic-racism angle getting short shrift. Some stories, for example, didn't mention Andrew Loku's name at all.

For someone writing about this, right now, you'd think I would have known better. You'd think I would have at least gone to the protest. Or written about it sooner. I did not.

I'm not an example of what should be done, but I am a curious participant. I finally sensed, by the end of the second week of the protest, that I had missed something fairly big, and fairly obvious. Morgan calls this the need for reconciliation, between the Canada we think we are, and the Canada we really are. Which is to say: One that needs to wake up.

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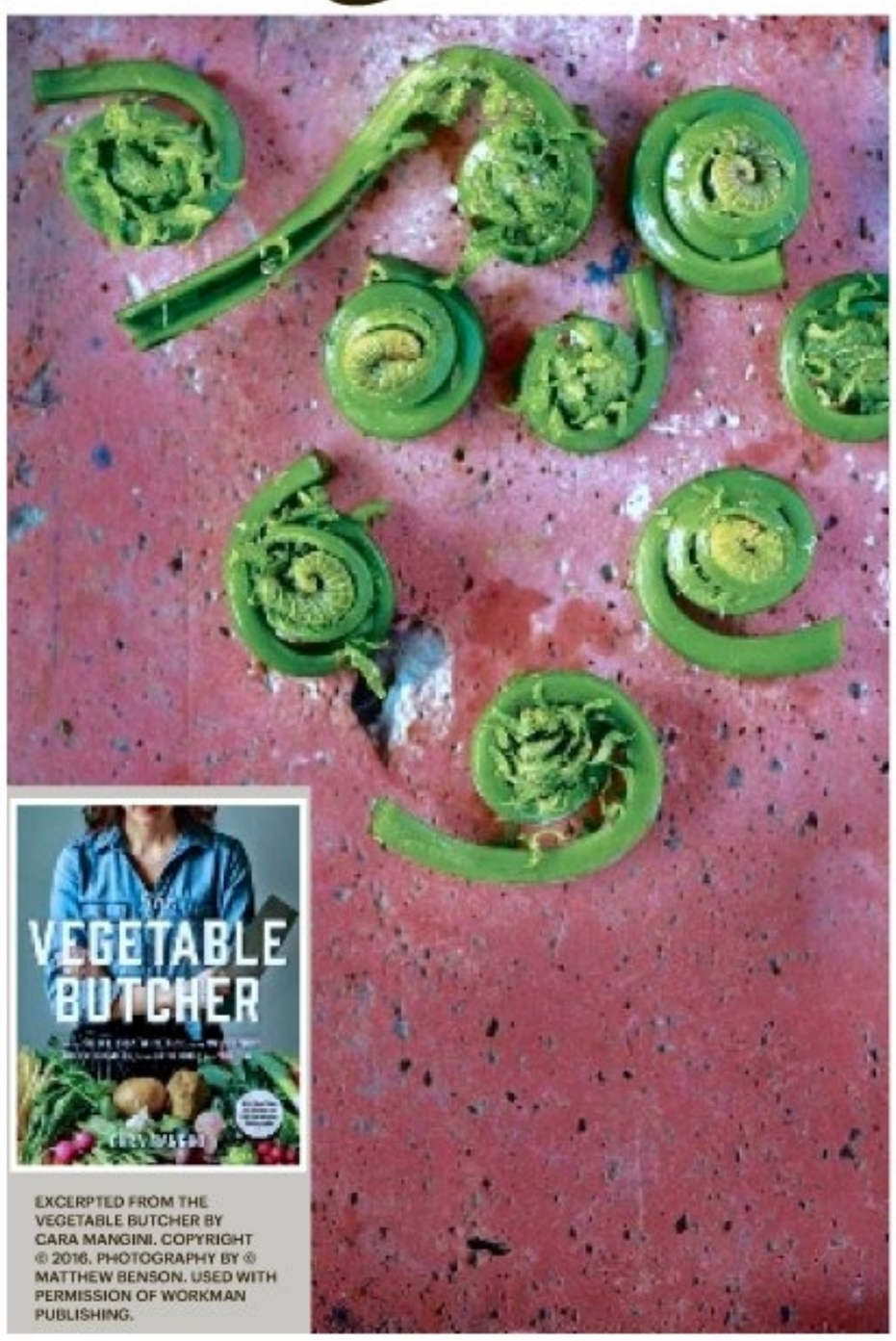
Prince Harry was treated to a set tour of the next Star Wars film in London this week

BOOK EXCERPT THE VEGETABLE BUTCHER

A light and in-season snack



EXCERPTED FROM THE VEGETABLE BUTCHER BY CARA MANGINI. COPYRIGHT © 2016. PHOTOGRAPHY BY © MATTHEW BENSON. USED WITH PERMISSION OF WORKMAN PUBLISHING.

RECIPE

Celebrate spring's arrival with fiddleheads

To Clean and Prep Fiddleheads:

1. Immerse fiddlehead ferns in a bowl of cool water and use your fingers to rub off the brown papery scales that cover the coils.
2. Gently unfurl the fern, if needed, to remove any scales stuck between the coils. Rinse the ferns under cold water in a colander and drain them.
3. Immerse the fiddleheads again in a bowl of cool water if needed, agitating them to release any remaining film. Rinse them again and drain.
4. Wrap the ferns in a clean, dry dish towel.
5. Gently shake the bundle back and forth to remove any remaining scales.
6. Trim the woody stem ends of the fiddleheads with a paring knife

Orange-Shallot Fiddlehead Ferns and Ricotta Crostini

Makes 14 to 16 crostini

Whisk together 3 tablespoons freshly squeezed orange juice, ½ teaspoon freshly grated orange zest, 2 tablespoons white wine vinegar or champagne vinegar, 2 teaspoons pure maple syrup, 2 teaspoons minced shallots, ½ teaspoon salt, and ¼ teaspoon freshly ground black pepper in a medium-size bowl. Slowly stream in 4 tablespoons extra-virgin olive oil, whisking to combine. Add 1 teaspoon finely chopped fresh chives and ½ pound fiddlehead ferns, cleaned, trimmed, boiled until just tender, shocked in an ice bath, and drained, and toss to coat.

Divide ¾ cup whole-milk ricotta cheese among 14 to 16 small crostini, spreading it on each. Lift 2 to 3 of the fiddlehead ferns from the bowl with a slotted spoon and place on top of each crostini. Lightly drizzle with some of the vinaigrette and top with a pinch of chopped chives.

PREP

To boil fiddleheads
This is a necessary step to eliminate any bitterness in the ferns. Once they are boiled, you can use them as is or toss them into a saute, risotto, or pasta (add at the last minute). Drop the fiddleheads in a large pot of salted boiling water and cook until they are bright green and just tender, 3 to 5 minutes depending on size and thickness. Lift them with a spider and transfer them to an ice-water bath to cool. Drain them well and transfer them to a dish towel to dry.

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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Kid's meals

Grabbing fast food for the kids? You can still make smart choices!

PICK THIS

Happy Meal with Hamburger, Apple Slices, 1% Partly Skimmed Milk & Strawberry Yogurt

Calories 415
Fat 10.5g
Sodium 650mg
Sugar 30g

SKIP THIS

Happy Meal with Chicken Snack Wrap, Mini Fry, Coke & Strawberry Yogurt

Calories 545
Fat 19.4g
Sodium 745mg
Sugar 33g

HERE'S WHY

Equivalent to 7 Subway Kid's Pak 4" Turkey Subs in fat

Fast food tends to be far from nutritious and should only be eaten occasionally, especially for kids. If you're in a pinch and the kids are craving McD's, there are healthier options. They can have a hamburger, but skip the fries and pop; pick milk and apple slices instead, saving on fat, calories and added sugar. A wrap may seem like a healthier choice, but the tortilla, fried chicken, ranch dressing and cheese adds extra calories, fat and sodium.

JOHANNA SCHNELLER WHAT I'M WATCHING

Female agent brings humanity to drama

THE SHOW: The Night Manager, Season 1, Episode 4 (AMC)
THE MOMENT: The sports day speech

Olivia Colman plays Angela Burr on The Night Manager. AMC

British intelligence agent Angela Burr (the magnificent Olivia Colman) and her younger colleague Grace (Simona Brown) are working late, tracking Richard Roper (Hugh Laurie), an arms trafficker.

"Shouldn't you go home?" Grace asks.

"My husband knows why I do this," Angela replies. "He knows about the school sports day."

Calmly, simply, Angela tells Grace the story: In Baghdad in 2003, two shells fell on a school playing field. One was mustard gas, which burnt the hands and faces of the children. (Here Angela begins to cry, but she carries on.) The other was sarin gas, which destroyed their lungs. Roper, who was there, began selling sarin after that.

"Roper saw what I saw, and he thought, Business," Angela concludes. "So Mr. Burr knows I have to be here."

Whoa. This miniseries, based on John LeCarre's novel, spends the bulk of its time with posh, blue-eyed men — Roper; his faithful henchman Corky (Tom Hollander); and his nemesis Jonathan, a newly recruited spy (Tom Hiddleston). They're forever jetting from Mallorca to Egypt, eyeballing one another cooly, and saying things like, "I think one is becoming a tad deranged." It's intelligent, amoral and unsettling.

So the counterweight Angela provides is crucial. In the novel, her character was a man. To switch it to a woman, and to cast Colman, was genius. She's every bit as intelligent and fierce as her foes, but we need her heart to remind us that Roper's mansions and islands come at an unfathomable cost.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

No purchase necessary. One entry per person, per day. Skill testing question required. Contest open to residents of Winnipeg, MB, 18 years of age or older. One (1) prize available to be won, consisting of four (4) tickets to see Peter Pan on May 04 , 2016 at the Centennial Concert Hall and RWB merchandise. Approximate retail value of each prize is $500 CDN. Contest Period opens at 12:01 am ET on April 14th, 2016 and closes at 9:00am ET on April 29th, 2016. Odds of winning depend on the number of eligible entries received. To enter and for complete contest rules, visit www.wonderlist.ca <http://www.wonderlist.ca>.

LIQUID ASSETS

Old World wines get a makeover

When I first saw Star Wars: The Force Awakens in the theatre I couldn't help but think of how it mirrored today's wine industry. The Force Awakens is really just the original movie's story with a youthful twist. What does that have to do with wine? Well, plenty of European wines are working from the same script. Take Spain for example. Though you can't get much more old-school, many winemakers have discovered that giving their juice a millennial makeover can attract a younger audience while also keeping their mature fans happy. Red Guitar's 2013 Old Vine Tempranillo Garnacha ($12.49-$16.99), from the region of Navarra, wraps its blend of two classic Spanish grapes in a hip, Picasso-esque package. Smooth, bright and balanced, it's a great partner for grilled meats and poultry.

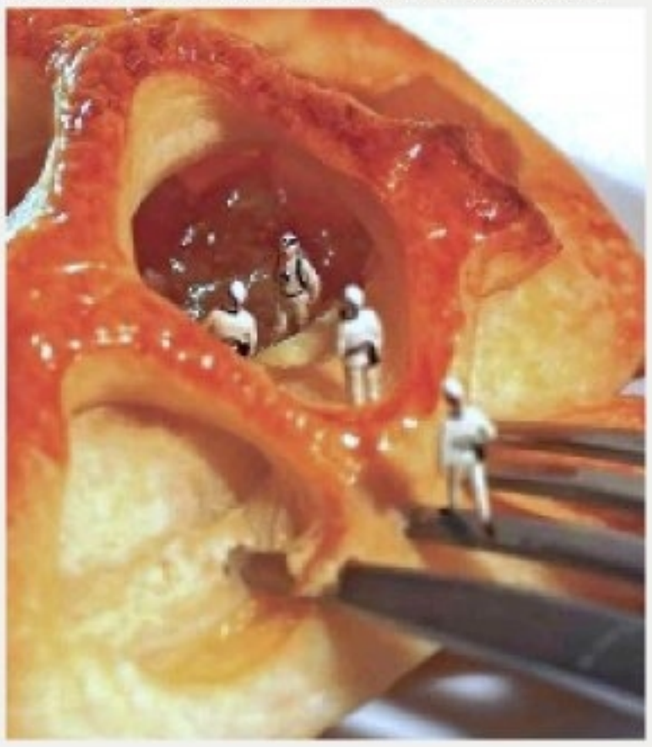
PETER ROCKWELL/METRO

A whimsical look at the mundane

Japanese artist Tatsuya Tanaka has been creating tiny scenes each day for almost five years, using everything from broccoli to sushi rolls and sponges. Tanaka takes a picture of each display to create a Miniature Calendar gallery online. "Broccoli and parsley might sometimes look like a forest, or the tree leaves floating on the surface of the water might sometimes look like little boats," he writes. "Everyone must have had similar thoughts at least once." TORSTAR NEWS SERVICE; ALL PHOTOS COURTESY OF TATSUYA TANAKA

DEEP AND DELICIOUS

A dessert makes for a handy "cave" on Nov 21, 2014.



VEGGIES WITH A VIEW

This July, 11, 2015, scene proves broccoli looks like trees.

BEST SERVED COLD

A new definition for ice cold beer on Sept. 12, 2015.

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Aboriginal Funeral Chapel

SPONSORED CONTENT

Aboriginal Funeral Chapel leads in traditional services

Families can celebrate according to their cultures and beliefs

Aboriginal Funeral Chapel in the heart of Winnipeg's North End provides indigenous peoples around Manitoba, Saskatchewan and Ontario seamless and effortless funeral arrangements which focus on tradition and culture.

"Death is a significant experience in native cultures," said owner and managing director Peter Kilcollins.

"It's a time to evolve into a world of spirits, communicate with ancestors, settle differences and make peace. It shouldn't be feared. These ideals are different than mainstream opinions surrounding death and for that reason should not be subjected to conventional funeral services."

Aboriginal Funeral Chapel has funeral directors available 24 hours per day and it's not uncommon for people to have wakes until midnight.

Kilcollins, a third generation funeral director, said families are encouraged to use the kitchen and reception room for traditional feasts.

CONTRIBUTED

"We strive to provide families a relaxed atmosphere and the flexibility to attune services to their specific cultural and traditional needs," Kilcollins said.

The facility has guitars, a smudge bowl, sage, sweetgrass, tobacco, cedar, burial clothing for all ages, flowers, casket sprays and arrangements available to families.

Now in its 25th year, Aboriginal Funeral Chapel at 724 Selkirk Avenue is a leader in indigenous funeral services.

"We allow families the freedom to practice these rituals so that they can celebrate death according to their cultures and beliefs," he said.

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Pop artist behind Sgt. Pepper's cover art decorates Bentley for charity

Half coupe, half hatchback, all fun

ROAD TESTED

REVIEW

Unique details add up to one distinctive ride

Mike Goetz
For Metro Canada

The Hyundai Veloster debuted back in 2011. So five years of me looking and pondering its unique exterior style and shape, which marries sport coupe and hatchback themes, and I still can't decide whether I like it or not. Some days it seems fresh and menacing. Other days it seems too thick and chunky, especially in profile.

But for 2016, Hyundai sought fit to introduce a new Rally Edition, featuring a stunning blue matte paint job, trick wheels, (faux) carbon fibre detailing around the grille, and a slightly lower stance (with commensurate suspension tuning), and it tipped the scales for me. I am now fully 51 per cent in favour of Veloster's distinctive appearance.

It seems like the Rally Edition was created to give people another way to access the two main drawing cards of the Veloster's charismatic turbo model — the 201-horsepower turbo motor and the aggressive grounds-effect package looks. Both pieces dramatically alter the Veloster's personality for the better. A Veloster without them, like the base model, is a Veloster with less purpose in life.

Rally Edition and Turbo are actually equally priced at $27,199. Turbo gives you navigation and a panoramic sunroof. Rally Edition has neither, but makes up for it with all the Rally Edition visual and suspension tweaks, and a specific Rally Edition interior. That interior is edgy and full of contrasts, with some metal-like surfaces and seat inserts rendered in the same shade as the exterior. Very cool and inviting.

All Rally Edition models, like our tester, are fitted with a six-speed manual transmission hooked up to a "B&M Racing Sport Shifter." As advertised, shift throws are short, but also direct and with good mechanical heft.

The steering also has the necessary heft and feel to make cornering a satisfying experience. The tire and suspension tweaks have definitely upgraded the handling. But those aggressive 18-inch wheels and tires make this Veloster a bit stiff for everyday driving. And while 201 horsepower is an awfully good number for a 1.6-litre turbo, and you will enjoy its thump, it doesn't make the vehicle jump, as say something like the 197-horsepower Ford Fiesta ST. The Hyundai doesn't handle as well as the Ford either. But that's not to say it isn't fun.

Like all Velosters, Rally Edition features a third door on the passenger side, so your rear seat passengers can get in without yoga — and it's surprisingly roomy back there for a small coupe. Overall, the Veloster Rally Edition is distinctive and fun, with many fine details, to keep you engaged and contented on city commutes, and on romps you take for the sheer joy of it.

THE CHECKLIST | 2016 HYUNDAI VELOSTER

THE BASICS

- **Type.** Three-door, four-passenger, FWD, compact sports coupe/hatchback
- **Power.** 138-hp 1.6-litre I4, 201-hp 1.6-litre turbo I4
- **Transmission.** Six-speed manual, Six-speed automatic, Seven-speed automatic
- **Price.** Base $18,599 (plus destination)

COOL FEATURES

- Rally Edition's RAYS wheels are five pounds lighter (each) than regular wheels.
- Turbo models available with new seven-speed "dual clutch" automatic with paddle shifters.

VELOSTER PHOTOS MIKE GOETZ/FOR METRO; OTHERS HANDOUT

POINTS

- "Third door" is a small one, and on the passenger side.
- Base "non turbo" engine not very sporty.
- New limited-edition Rally Edition for 2016 only available in a special Matte Blue paint.

MARKET POSITION

- Satisfying sporty coupe for those that don't need the full-on extreme sports experience.
- Targeted at a younger crowd, but mature crowd seems to like them too.

THE COMPETITION

Ford Fiesta ST
Base price: $25,649

Honda CR-Z
Base price: $26,290

Scion tC
Base price: $22,385

BMW i3 hatchback: Calm amid chaos

i3

Best seller represents 'revolution'

The most energy efficient car sold in the United States for the third consecutive year represents "something of a revolution" for the whole auto industry. The 2016 BMW i3 hatchback has advanced technology in spades, a body structure made of carbon-fibre-reinforced plastic and a fully electric powertrain that can be ordered with an optional two-cylinder range-extending gasoline engine, reports auto info website, The Car Connection. Meant to provide quiet, all-electric transport for those living in congested urban centres, the BMW i3 "is absolutely the most calming, soothing vehicle we've driven in truly chaotic rush-hour traffic."

THE GREEN ANGLE
Metro's weekly picks for the latest in environmental news

HONDA

Odyssey minivan goes hybrid, in Japan

Fiat Chrysler Automobiles' newly unveiled Chrysler Pacifica Hybrid minivan won't be the world's first when it goes on sale late this year. A new Honda Odyssey Hybrid minivan went on sale in Japan in early February, using the same Intelligent Multi-Mode Drive (i-MMD) system as in the Accord Hybrid. The Japan-market Odyssey varies significantly from, and is smaller than the model sold in North America, and there's "no chance" it will be sold here, according to alternative-vehicle webmag, Green Car Reports. But, "if nothing else, a minivan with the two-motor hybrid system would be a good rival" for the Pacifica.

TEXT AND IMAGES BY WHEELBASE MEDIA

VOLKSWAGEN

Budd-e will see production

Volkswagen's Budd-E Microbus-related concept will be in showrooms, likely within five years, a VW official has told British magazine, Car. Volkmar Tannenberger, head of electronic development said a car that "looks a lot like this (will) reach production. I can't say exactly when, but by 2020 or thereabouts." The company has made no secret about wanting to put the Budd-e concept's new Modular Electric platform to wide use.

POWER

French roads to be covered in solar cells

France will "pave" about 995 kilometres of roads with solar cells over the next five years to produce enough power for about five million peoples' homes, about eight per cent of its population. Ecology and energy minister Ségolène Royal said funding has already been set aside and panel testing begins this spring.

CHICAGO AUTO SHOW

Niro brings new chassis

Kia focused on its "Green Car Roadmap" at the recent Chicago Auto Show, displaying hybrid and plug-in vehicles, including its much-anticipated production version of the 2017 Niro compact tall wagon. Based on an all-new eco-car platform that the automaker plans to use as its electrified vehicle base going forward, Kia says its goal is to use the platform to triple its electrified lineup by 2020. The Niro's equally all-new gasoline-electric hybrid powertrain showcases the direction Kia is taking with electrification. The new platform is engineered to offer lighter weight and greater strength.

Supporting the disability community

The Independent Living Resource Centre (ILRC), a community-directed non-profit agency, is operated by the disability community. Since 1984, ILRC has supported citizens of Winnipeg and Manitoba and remains one of the leading providers of community programming for the disability community.

In December, 2013, the Province of Manitoba passed the Accessibility for Manitobans Act, legislation designed to encourage and promote inclusion at all levels of community service. The ILRC is spearheading two unique programs that are designed to open the doors to accessibility for citizens, businesses, private and public sectors and community members.

(PACE) Personal Attendant Community Education continues to produce skilled and qualified community living attendants supporting persons living in the community.

PACE is, essentially, a 5-week community-accredited program wherein able-bodied persons learn the diverse skill-set of a community living support worker or Independent Living Attendant. "In many ways, ILAs are comparable to Health Care Aides with the exception that ILAs operate under the Independent Living Philosophy where persons with disabilities are the directors of their support needs," says Terry McIntosh, PACE Coordinator. PACE graduates maintain a 90 pec cent+ employment rate where persons find work in community living models, care homes or with individuals residing in their homes.

CONTRIBUTED

PACE also contributes to creating more opportunities for persons with disabilities to live in their community, including the differing models of support like the Self/Family-Managed Care program in Manitoba.

In response to meeting the demands of the community, ILRC is well into its full launch of further DART training to the community. DART (Disability Awareness Resource Training) has broadened its focus to include standardised training to the DART umbrella. This includes: Disability Awareness, Non-Violent Crisis Intervention, Mental Health First Aid and CPR/First Aid. ILRC offers a deep rooted, personal understanding of how the training can be best applied based on practical experience that is very hard to replicate.

"Our training programs are adaptable and can be individualized for those working with persons with complex or particular support needs," says John Young, Executive Director. "ILRC's training has had a positive impact on many individuals, whether personally or professionally, private or non-profit."

The Independent Living Resource Centre (ILRC)

is Manitoba's leading provider of programming in the disability community. ILRC promotes accessibility and inclusion across all communities.

Call us today to find out about our community-accredited training:

1) Personal Attendant Community Education (PACE): PACE trains community living attendants. Real skills training for great job opportunities.

2) Advancing Disability Awareness through Prioritized Training (ADAPT): ADAPT consists of a package of essential training programs highly regarded by employers and the disability community. ADAPT includes: Nonviolent Crisis Prevention, Mental Health First Aid, Disability Awareness Resource Training, Disability Emergency Management and Red Cross CPR/AED.

Call today: (204) 947-0194
or online: WWW.ILRC.MB.CA

ILRC
INDEPENDENT LIVING RESOURCE CENTRE

EVENTS AND ENTERTAINMENT

Sometimes you need a whole team

CONTRIBUTED

Dragon boating is renowned for teaching the value of teamwork and promoting a healthy, active lifestyle — an important factor in the prevention of cancer.

In Manitoba, the Canadian Cancer Society has been involved in dragon boating for the past 14 years. By gathering pledges, paddlers have raised nearly $4 million for research and community-based programs and services to support cancer patients and their families.

Together with the Manitoba Paddling Association, the Canadian Cancer Society will present the 2016 River City Dragon Boat Festival on June 3 and 4 at the Manitoba Water Ski Park on Winnipeg's Lake Shirley. A weekend of fun, entertainment and racing, it's open to individuals, groups and organizations looking for a healthy way to team-build and enjoy a little friendly competition.

Last year, the festival drew 60 teams with more than 1,400 participants, and raised vital funds to support Manitobans fighting against all forms of cancer. We are expecting an even bigger turnout this year, so don't miss the boat and register today!

Teams can register at cancer.ca/dragonboat (credit card required), or contact dragonboat@mb.cancer.ca to pay by cheque. The cost for a team of 20 is $1,050, though teams that register before April 30 get an "Early Dragon" discount of $150.

Never paddled before? No worries: the registration fee not only covers entry but includes two practice sessions with an experienced coach. Practice sessions begin in May.

For more info or to register online, visit cancer.ca/dragonboat, contact Dave McKnight at dmcknight@mb.cancer.ca or phone 204-788-4547.

SHARING IN FUN ACTIVITIES

Kelly Ritchie says he owes his recovery from cancer to the funds raised for research, diagnosis and treatment through organizations like the Canadian Cancer Society. Today, Kelly stays healthy by sharing fun activities with his family — such as dragon boating.

"The big thing with dragon boating is the camaraderie and accomplishment of working together and supporting one another," he says. "It doesn't matter who you are — if you get in a boat and try and go at it alone, just as in life, you won't achieve anything."

Canadian Cancer Society / Société canadienne du cancer

MANITOBA PADDLING ASSOCIATION

GET YOUR PADDLES READY FOR RIVER CITY!

Register Now and Save $150

CANADIAN CANCER SOCIETY
RIVER CITY DRAGON BOAT FESTIVAL
MANITOBA WATER SKI PARK ON LAKE SHIRLEY
JUNE 3+4, 2016

Gather a group of co-workers, friends and/or family together and register before April 30th to save $150. Registration covers event entry, two practice sessions (with an experienced coach), a free spot for your Team Tent (up to 10 sq ft), and the use of all necessary equipment.

Get involved and help Manitobans fighting all forms of cancer!

Visit cancer.ca, call (204) 788-4547 or email dragonboat@mb.cancer.ca

PARK
THEATRE COMING EVENTS
SAID THE WHALE
2 SETS / NEW SONGS & THE HITS
APRIL 27TH / 9 PM / $20
RIDLEY BENT
WITH SEAN BURNS
APRIL 28TH / 8 PM / $20
YES WE MYSTIC
'FORGIVER' ALBUM RELEASE
APRIL 29TH / 9 PM / $15
BIF NAKED
SONGS & STORIES TOUR
MAY 16TH / 8 PM / $30
THE TOURIST COMPANY
ADAM HANNEY & CO / ATLAAS
MAY 18TH / 8 PM / $10
ROMI MAYES' SONGWRITER
EXTRAVAGANZA
MAY 20TH / 8 PM / $15
JON BRYANT
WITH SPECIAL GUESTS
MAY 23RD / 8 PM / $12
MARK FORWARD
COMEDY SHOW & PODCAST TAPING
MAY 28TH / 5 & 8 PM / $20
A NIGHT OF WRESTLING TALES
JIMMY HART
JUNE 8TH / 7 & 9 PM / $22.50
JEN KIRKMAN
LIVE SHOW & BOOK SIGNING
JUNE 23RD / 8 PM / $22.50
THESE ARE JUST A FEW OF THE GREAT EVENTS COMING SOON
FOR MORE INFO VISIT MYPARKTHEATRE.COM OR CALL (204) 478 7275
WE ARE ON YOUR FAVOURITE SOCIAL NETWORKS. JOIN US.

CONTRIBUTED PHOTOS

THESE AREN'T YOUR AVERAGE H.U.N.K.S.

For H.U.N.K.S. sketch comedy group, there's no place like Park Theatre. With a projection screen and plenty of audience seating, the Park is the perfect venue for all of the weirdness and comedy that H.U.N.K.S. can throw at it.

On April 24, the group will be performing their one-year anniversary show at the Park, and director Rory Fallis says audiences will be getting a whole new slate of material.

"Every show we do, we always think it's going to be the weirdest show we've ever done and then the audience is like, 'oh it wasn't that weird,'" Fallis says. "This one though, this one is definitely the weirdest one we've ever done."

The group of six meets to rehearse and write three times a week. In addition to performing scripted scenes, H.U.N.K.S. shows also incorporate multimedia such as videos or projected backgrounds, which bring the performances up to the next level.

"We have a very high production value," member Tim Gray says. "Originally we built the show big. And it's a large stage, it's a large venue and I guess it influences the show slightly in that it has a kind of live, performance, rock show vibe. A little over the top, a little crazy. Everything is very big."

Although they have performed in smaller, more intimate spaces, the Park is where the group's material really comes to life.

"The Park Theatre is perfect for what we're doing," Fallis says. "We wouldn't be able to do the show anywhere else… it's been crazy support from the Park and we couldn't really do it without that support."

Sketch comedy fans should plan to make it out on April 24, Gray adds.

"This is kind of celebrating our progress thus far, and we're really stepping it up in terms of the quality of the sketches," Gray says. "Not that they weren't good before but we always look back and say, 'we could have done way better.'"

Tickets are $10 in advance from Park Theatre, at Music Trader or online at ticketf.ly/1UWVVKU

Content Solutions

metro SPORTS

The Warriors said nothing of concern came up in Stephen Curry's MRI on his ankle, but he remains questionable for Game 3 vs. the Rockets

'THANKS FOR THE CHEESE'

McGregor pulled from UFC 200 after retirement tweet

Conor McGregor has delivered a haymaker on social media.

McGregor created a stir Tuesday when he tweeted that retirement was on the horizon and the UFC later tweeted that McGregor had been pulled from UFC 200 on July 9.

The 27-year-old McGregor tweeted, "I have decided to retire young. Thanks for the cheese. Catch ya's later."

But is it truly exit octagon cage left for the Irish star?

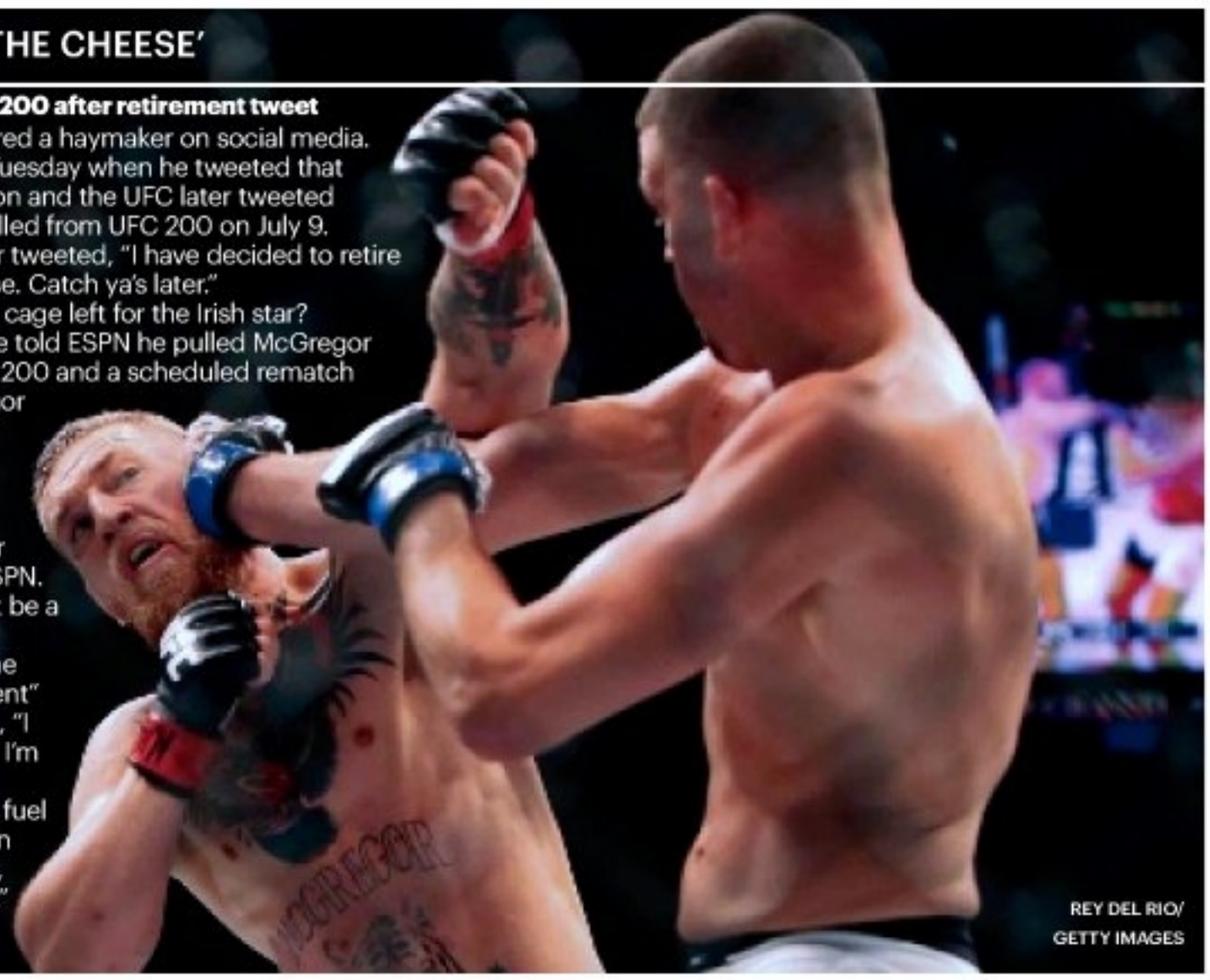
UFC president Dana White told ESPN he pulled McGregor from the main event of UFC 200 and a scheduled rematch with Nate Diaz after McGregor decided not to attend pre-fight promotional appearances in Las Vegas.

"Is Conor McGregor retiring? Only he can answer that question," White told ESPN. "I don't know. But he will not be a part of UFC 200."

Diaz playfully replied to the tweet with his own "retirement" announcement. He tweeted, "I guess my work here is done I'm retiring too."

McGregor's coach added fuel to the retirement speculation with his own tweet that said, "Well was fun while it lasted."

THE ASSOCIATED PRESS



REY DEL RIO/ GETTY IMAGES

No pouring cold water on red-hot goaltender

NHL PLAYOFFS

Capitals expect to have Holtby as they try for sweep

Braden Holtby and the Washington Capitals plan to keep rolling along against the Flyers despite an injury scare in practice.

Holtby, the goaltender who has stopped 91 of Philadelphia's 93 shots through three games of the first-round playoff series, left practice Tuesday with an apparent left leg injury after a collision with a teammate. Coach Barry Trotz said he expects Holtby to play in Game 4 on Wednesday as Washington goes for the sweep.

"Basically just got nicked up a little bit, went off and we'll see where he is," Trotz said. "But I don't anticipate Braden not playing."

Holtby was not made available to reporters after practice but walked through the locker-room without a noticeable limp. Trotz said he didn't see a need to call up a third goaltender, implying Holtby would start with Philipp Grubauer backing him up.

Braden Holtby is expected to play in Wednesday night's Game 4 in Philadelphia. ROB CARR/GETTY IMAGES

The Capitals don't know which Flyers goalie they will face after starter Steve Mason allowed six goals on 27 shots in a 6-1 loss in Game 3 Monday that featured angry fans throwing light-up wristbands onto the ice. Former Washington goalie Michal Neuvirth could get the nod if Philadelphia makes a change.

"If I get the call I'm going to be ready and I'll try to enjoy it and help my teammates," Neuvirth said.

Washington will be forced to make one lineup change with defenceman Brooks Orpik out because of an upper-body injury. Orpik took a big hit from Ryan White in Game 3 and didn't return, an injury that will force more minutes for the top three of John Carlson, Karl Alzner and Matt Niskanen.

"Anytime you lose a guy like Brooks Orpik, with his experience, he's been through the grind before, it's tough," said Taylor Chorney, one of two options to step into the lineup along with veteran Mike Weber. "But at the same time, we've kind of been through it this year. He spent some time where he was hurt earlier in the year, and we had guys step up."

Based on the Capitals' domination in the series, it matters little who the sixth defenceman is. Washington is 8-for-17 on the power play, while Philadelphia is 0-for-13.

"The special teams, obviously it's on paper. You can see it," Flyers forward Jakub Voracek said. "That's what's made a difference in this series."

The Capitals have a 3-0 series lead for the first time in franchise history, and Trotz has never been in this spot, either. More of the same seems to be the plan.

"I don't think we need to change anything than what we've been doing, and that's playing hard and consistent," Alzner said. "In a game like this, when it's do-or-die for your teammates, it's just playing smart and playing hard because you know they're going to throw everything at you."

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Tuesday's playoff action.

NHL PLAYOFFS

Pens reclaim series lead in Big Apple

Matt Cullen beat Henrik Lundqvist on a semi-breakaway after beating two defencemen early in the third period and the Pittsburgh Penguins spoiled the return of Rangers captain Ryan McDonagh with a 3-1 win in Game 3 of their first-round series on Tuesday night.

Sidney Crosby also scored and Matt Murray made 16 saves in his return to action in helping the Penguins take a 2-1 lead in the best-of-seven series.

Game 4 is Thursday night in New York.

The Rangers have lost four consecutive playoff games at Madison Square Garden going back to last season's Eastern Conference final against Tampa Bay.

GAME 3 In New York

3	1
PENGUINS	RANGERS

Kris Letang iced the game with an empty-net goal.

Rick Nash scored for the Rangers, who played without an injured McDonagh (upper body, hand) in the first two games in Pittsburgh.

Lundqvist made 28 saves, giving up a power-play goal to Crosby and a 1-on-1 chance to Cullen. THE ASSOCIATED PRESS

COURT

Manziel attack case goes to grand jury

A Dallas grand jury is scheduled to consider this week whether to charge troubled NFL quarterback Johnny Manziel with attacking his ex-girlfriend in a January incident.

Police originally presented a misdemeanour assault case to prosecutors. That charge carries a maximum punishment of one year in jail and a $4,000 fine.

Manziel, a former Cleveland Browns quarterback and Heisman Trophy winner at Texas A&M, is accused of hitting his ex-girlfriend Colleen Crowley so hard that she temporarily lost hearing in one ear.

Johnny Manziel GETTY IMAGES

Crowley requested and was granted a protective order against the 23-year-old quarterback that prevents him from seeing her for two years.

THE ASSOCIATED PRESS

IN BRIEF

'Toon duo off to perfect start

Canada remained unbeaten at the world mixed doubles curling championship on Tuesday by clobbering Serbia 14-0 in Karlstad, Sweden.

The Saskatoon duo of Dustin Kalthoff and Marliese Kasner improved to 4-0 with the win over Dara Gravara Stojanovic and Filip Stojanovic.

Canada scored five points in the first end and the game was called after six. Kasner threw at an 88 per cent clip, just ahead of Kalthoff at 83.

THE CANADIAN PRESS

Riders QB nearly 100% following Achilles injury

Darian Durant has some good news for Saskatchewan Roughriders fans.

The veteran quarterback said Tuesday he's 95 per cent recovered from the season-ending Achilles tendon injury he suffered in Saskatchewan's first game last year. Durant added he had no leg problems during Saskatchewan's mini-camp in Florida last week.

"I had a great off-season in Atlanta working with some great trainers and physical therapists," Durant said.

THE CANADIAN PRESS

Pistons Stan'd up to James

NBA PLAYOFFS

Cavs star refuses to get caught up in tiff with coach Van Gundy

LeBron James has enough to handle with the young and brash Pistons. He isn't about to fight their coach, too.

James refused to fire back at loquacious Detroit coach Stan Van Gundy, who was fined $25,000 by the NBA on Monday for criticizing officials during Cleveland's Game 1 win over the Pistons. Upset with two non-calls in the first quarter, Van Gundy took advantage of a TV interview to present his case to the public that James gets preferential treatment from referees.

"LeBron is LeBron," Van Gundy told ABC. "They're not going to call offensive fouls on him. He gets to do what he wants."

Following Tuesday's practice, James said he was unaware of Van Gundy's remarks and was careful not to turn the series into any kind of personal grudge match.

"I think it's a non-issue," James said. "He's gonna say what he has to say to get an advantage for his team, but at the end of the day, the game is played in between the four lines and that's all that matters.

"Listen, I'm 31 years old, man. I don't get caught up in no shenanigans."

There is some history between James and Van Gundy. In 2009, Van Gundy coached an Orlando team that stunned Cleveland in the Eastern Conference finals. James respects Van Gundy and appreciates the gamesmanship.

Van Gundy, though, wasn't the only Piston with a problem.

On Monday, Detroit's 19-year-old rookie forward Stanley Johnson said the four-time league MVP tried to throw him to the floor in the opener. Johnson said he was surprised by James' rough treatment.

"I understand he's a physical guy, but if he wants to grab me and try to throw me to the floor and you call the foul on me, I just don't understand that," Johnson said. "That kind of woke me up a little bit. From that point on, it was like, 'It's on.' You want to foul?

"We both can go to the floor next time." THE ASSOCIATED PRESS

LeBron James was at his typical versatile best against the Pistons in Game 1 Sunday, posting a 22 point, six rebound, 11 assist stat line in the Cavaliers' 106-101 win. JASON MILLER/GETTY IMAGES

MLB

Brewers Scoot their way to win

The Milwaukee Brewers had just given away a lead in the eighth inning and entered the ninth a little rattled as another game started slipping away.

If a positive early season trend has developed for this struggling franchise, it has been the ability to bounce back late in a game.

Scooter Gennett hit a tie-breaking single in the ninth inning and the Brewers beat Minnesota 6-5 Tuesday, ending the Twins' four-game winning streak.

Moments after the Brewers gave up a three-run lead in the eighth, Yadiel Rivera led off the ninth with a double against Kevin Jepsen (0-3) and got to third on an error by centre fielder Byron Buxton. Gennett followed with his second hit of the game to help the Brewers snap a three-game skid. THE ASSOCIATED PRESS

The Brewers' Scooter Gennett slides safely past John Ryan Murphy on Tuesday in Minneapolis. HANNAH FOSLIEN/GETTY IMAGES

IN BRIEF

Nowitzki questionable for next game with knee injury

Add star Dirk Nowitzki to the long injury list for Dallas in the playoffs.

Coach Rick Carlisle said Tuesday that Nowitzki bruised his right knee when he fell early in the Mavericks' 85-84 Game 2 win over Oklahoma City in a first-round playoff series that is tied 1-1.

Nowitzki joins a list of players who might miss Game 3 on Thursday, including starting guards Deron Williams (sports hernia) and J.J. Barea (right groin strain) and backup forward David Lee (right heel). THE ASSOCIATED PRESS

Crawford a 3-time 6th man

Los Angeles Clippers guard Jamal Crawford has won the Sixth Man Award, becoming the first three-time winner as the NBA's best reserve.

Crawford received 51 first-place votes and 341 points Tuesday from a panel of 130 sports writers and broadcasters in the U.S. and Canada. THE ASSOCIATED PRESS

Mets' DeGrom set for weekend return

Mets right-hander Jacob deGrom threw 71 pitches in a simulated game in Florida and is on schedule to start Sunday at Atlanta

Jacob deGrom GETTY IMAGES

DeGrom missed his one turn in the rotation because of a sore lat muscle on his right side and another start Tuesday night after he was placed on the family medical emergency list Saturday following the birth of son Jaxon. The infant returned home Monday following a health concern. THE ASSOCIATED PRESS

Canadians put three past Finns at U-18 worlds

Pascal Laberge and David Quenneville scored first-period goals to lead Canada past Finland 3-1 at the world men's under-18 hockey tournament Tuesday in Grand Forks, N.D.

Tyson Jost had the other goal for Canada (4-0), which secured top spot in Group B with the win.

Evan Fitzpatrick was solid in Canada's goal, stopping 26 of 27 shots he faced. THE CANADIAN PRESS

RECIPE Chicken and Butternut Squash Risotto

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

While spring continues to play its game of here today gone tomorrow, it's good to have a couple of comfort recipes up your sleeve.

Ready in
Prep time: 10 mins
Cook time: 30 mins

Ingredients
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 chicken breasts, sliced into bite-size pieces
- 2 cups risotto
- 2 1/2 cups cubed butternut squash
- 6 cups chicken broth
- 4 sage leaves, chopped
- 1 cup of fresh, shaved parmesan cheese

Directions

1. Place oil in a large pot over medium heat and add onion and chicken. Cook until chicken is lightly browned on all sides and onion is translucent.

2. Add the rice to pan and keep stirring as it gently begins to fry. It should turn translucent after about a minute. Add sage leaves, squash and 1 cup of chicken stock and allow it to simmer while you continue stirring. As stock is absorbed, add another cup. Stir. Stir. Stir. Continue adding stock until it has all been absorbed, while constantly stirring.

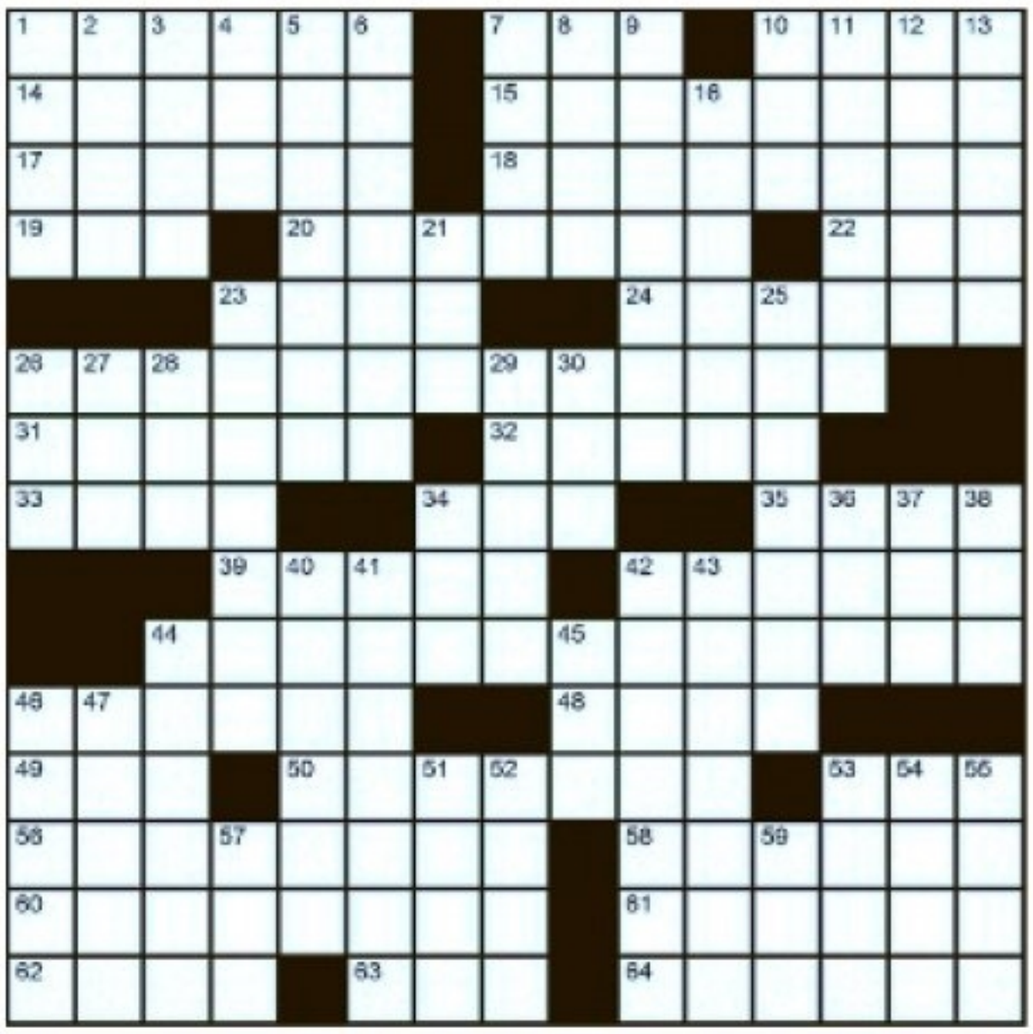
3. Taste the rice to be certain it is cooked. You can add warm water if you need a bit more liquid.

4. Take the pot off the heat and mix in Parmesan cheese. Cover and allow to sit for 2 minutes. Serve immediately.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Tranquil
7. U-571, e.g.
10. "Yes, _!"
14. Change the building's front or the doors on the kitchen cupboards
15. The correct way
17. Brief bit of a minute: 2 wds.
18. Someone from Charlottetown's province
19. Fido's father?
20. Vulture's meal
22. Marion _ (Pioneering female aviator of Canada, b.1918 - d.1995)
23. Heal
24. Fireplace section
26. Works at solving techie problems
31. Prefix to 'scopic' (Like the 3D photography technique)
32. Art gallery crime
33. Chipper
34. Archery wood
35. Dutch cheese
39. Sailor's status: 2 wds.
42. Sushi condiment
44. Toronto rapper Drake's new album due next week: 3 wds. + number
46. 19th-century English writer Emily
48. Politicians' votes
49. Former mil. General's abbr.
50. Most embarrassed
53. Shakespearean suffix
56. Job for comedian Lily Tomlin's Ernestine character
58. Hors d'_ (Appetizer)
60. _ lamp (Rustic light source)
61. Sculptures/paintings attraction
62. Additional
63. NYC's 'N'
64. Clears

DOWN
1. Theatrical accessory
2. Ms. Horne
3. "_ _ Good Men" (1992)
4. '_' _ in Cornwall
5. One-of-some in the drink to make it cold: 2 wds.
6. Vancouver-born actress Yvonne of '60s comedy "The Munsters": 2 wds.
7. Cleanser brand, _ and Span
8. Mr. Major the Space Bear
9. Historic theatre in Russia
10. Fellows
11. Zeals [var. sp.]
12. _ Bay, British Columbia
13. Frankincense's festive friend
16. Promenades
21. Riddle-me-_
23. Drape
25. Substantiates
26. Baking meas.
27. Pathway, for short
28. "The Star-Spangled Banner" contraction
29. Bundle
30. Shape, axe-style
34. "Of course."
36. "Lah-di-_!"
37. Pres. Lincoln
38. British spy agency (NOTE: Answer has a number in it)
40. Bright fishies in aquariums
41. _ the deal (Add incentives)
42. So so sad
43. Non-professional athlete
44. Ballot check-mark-makers
45. Deli loaf
46. In need of money
47. Fight off the flies
51. Cooked
52. Mr. Lachey (Nick's younger brother)
53. All Hallows, and others
54. Honest
55. Skirt lines
57. Pre-fish fish
59. G7 member

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your focus will turn to money, cash flow and earnings for the next four weeks. Value your moneymaking ideas, because they will be good.

Taurus April 21 - May 21
For the next four weeks, the Sun is in your sign, recharging your batteries for the rest of the year. You will attract good circumstances and people to you. Make the most of this!

Gemini May 22 - June 21
Use the next month to think about what you want your new year (birthday to birthday) to be all about. You have a month to make plans for this.

Cancer June 22 - July 23
You can expect a popular month ahead because of the shift of the Sun. Enjoy schmoozing with others. Join classes, clubs, groups and associations.

Leo July 24 - Aug. 23
The Sun will be at the top of your chart, acting like a flattering spotlight on you for the next month. Make hay while the Sun shines!

Virgo Aug. 24 - Sept. 23
Grab every chance to travel or expand your world in the next four weeks. If you can't travel, be a tourist in your own city. Study something new!

Libra Sept. 24 - Oct. 23
The shift of the Sun ushers in a month ahead where you will focus on inheritances and shared property. It's time for you to clear up loose ends and reduce your debt.

Scorpio Oct. 24 - Nov. 22
Because the Sun will be opposite your sign for the next four weeks, you will need more rest than usual. Acknowledge and respect your need for sleep.

Sagittarius Nov. 23 - Dec. 21
Do what you can to get better organized in the next four weeks. You want to feel that you're on top of your game and that things are running smoothly.

Capricorn Dec. 22 - Jan. 20
Slip away on a vacation in the next four weeks, because you want to party and relax. Pack a bag and leave town! Fun and pleasure are the names of the game.

Aquarius Jan. 21 - Feb. 19
Home, family and your private life will be increasingly important in the next four weeks. An interaction with a parent could be significant.

Pisces
Feb. 20 - March 20
The pace of your days will accelerate in the next four weeks, with short trips, errands and increased conversations with everyone. How exciting, you've got things to do!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	9						5	
8		1		9	7			2
	2					6		
			5				8	
	7			4			3	
	1				2			
		4					7	
7			9	6		4		8
	6						1	

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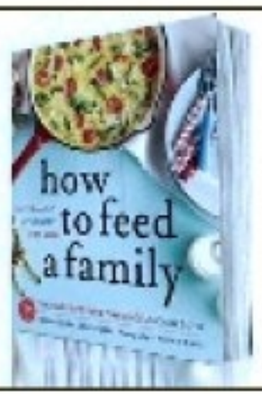
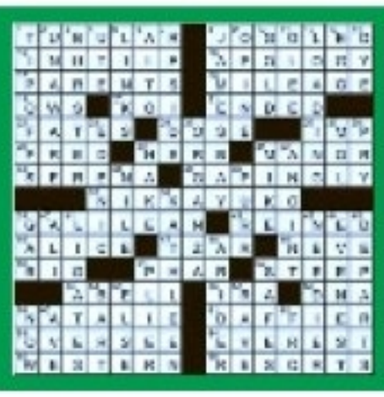


YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



9	8	5	2	1	3	4	6	7
4	3	7	9	6	8	5	2	1
1	6	2	7	4	5	9	8	3
6	9	4	5	2	7	1	3	8
2	5	3	8	9	1	7	4	6
8	7	1	6	3	4	2	5	9
3	1	8	4	5	9	6	7	2
7	4	6	1	8	2	3	9	5
5	2	9	3	7	6	8	1	4

Get the career you want. Fast.

Fast-track your career plans by completing one of the following full-time programs in just three to eleven months:

- Administrative Assistant
- Educational Assistant
- General Insurance
- Health Unit Clerk
- Legal Assistant
- Occupational Health and Safety
- Power Engineering - 5th Class
- Professional Photography
- Railway Conductor
- Residential Decorating
- Therapeutic Recreation Facilitator for Older Adults

Continuing Education offers industry-recognized certificate programs that deliver quality, hands-on training you will need to succeed in the workplace.

These programs fill up quickly. Enrol today!

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